

Heart Age PSA (:60)

Her age is 53, but her heart age is 75 because she smokes and has uncontrolled high blood pressure. Most American adults have a heart that's older than their actual age. One way to understand *your* risk for a heart attack or stroke is to learn your *heart age*, the age of your heart and blood vessels as a result of your risk factors for heart attack and stroke. If you smoke or have high blood pressure, your heart age will be much higher than your actual age.

Some things you *can't* change, such as getting older or your family history. At *any* age, help make your heart younger by managing high blood pressure and high cholesterol, obesity, unhealthy diet, and diabetes. Get more physical activity and if you smoke, quit. If you don't, don't start.

Work with your doctor to make heart healthy choices for a lower heart age. Take action to lower *your* heart age and *keep* it low.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).